

## ABSTRACT

The present invention provides a technique for enabling a user of a personal computer, a television, or the like to relieve his or her fatigue without difficulties. The present invention  
5 provides a fatigue relief supporting apparatus wherein the apparatus has image generating means for generating an image of a predetermined object which shuttles on a screen of an image display device in a horizontal direction and displaying the object image on the screen of the image display device, and wherein the user looks down to follow the object image with the user's eyes to relieve the user's fatigue.